

From: Bob Ferguson [<mailto:bob@rapidoffice.com>]

Sent: Saturday, September 29, 2012 11:25 AM

To: Myrlie, Judy

Subject: Shakleefriends-Info about cyanocobalamin (B-12) from my answer-guy, Keith, at Fieldcomm

Dear Judy,

I thought this would be of interest, partly for the answer, and partly because I just love the precision of the answers I get from Keith.

Best wishes,

Bob

Hi Bob,

While we appreciate the goals of many health related websites (NaturalNews being one), the fall back position for serious, health-minded consumers must always be science and to let the data decide. In the case of cyanocobalamin, there is simply no scientific or medical evidence supporting the assertion that cyanocobalamin (B-12) is, can be, or ever has been harmful. It is the only known metabolite that contains cobalt, and is necessary for **blood, protein and tissue formation. Cyanocobalamin (B-12) is, in fact, so safe in oral form that there are no toxic effects reported at any level of oral intake.**

Mere sharing of a single cyanide molecule does not make a compound containing it harmful or potentially harmful. Chemists, scientists, and doctors know this. Hydroxocobalamin is actually a potent antidote to cyanide poisoning, as it turns cyanide into cyanocobalamin.*

Regarding absorption or bioavailability characteristics, according to our Health Sciences staff and the R&D group, other forms of Vitamin B12, such as methylcobalamin, are more prone to oxidation, and thus not the best choice for dietary supplements. Finally, cyanocobalamin is easily converted by the normal function of the liver to methylcobalamin and 5- eoxyadenosylcobalamin in the body.

Hope this helps, Bob...as always, let us know if you have additional questions. In the meantime, best wishes for health. Have a great day!

Keith

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